SOLVED EXAMPLES

1. Which of the following is/are characteristic(s) of all psychotherapeutic approaches?
   (i) Systematic application of principles underlying the different theories of therapy.
   (ii) Anyone with a good understanding of psychology can practice as a psychotherapist.
   (iii) Interaction between the therapist and the client leads to formation of the therapeutic relationship which is the vehicle for change in all therapies.
   (iv) The therapeutic situation involves a therapist and a client who seeks help for his/her emotional problems.
   (a) (i), (iii) and (iv) (b) Both (iii) and (iv)
   (c) (i), (ii) and (iv) (d) All of the above

Ans. (a)

2. Which of the following is not a goal of psychotherapy?
   (a) Becoming aware of one's choices in life.
   (b) Facilitating decision-making.
   (c) Relating to one's social environment in a more creative and self-aware manner.
   (d) Rationalizing one's choices

Ans. (d)

3. What is a therapeutic alliance?
   (a) The relationships that the client has with people in his/her life.
   (b) The relationships in the client's life that have a healing impact on him/her.
   (c) The relationship between the therapist and the client.
   (d) The relationship that the client has with his/her emotional problems.

Ans. (c)

4. Which of the following is/are major component(s) of a therapeutic relationship?
   (i) contractual nature of the relationship
   (ii) limited duration of the relationship.
   (iii) therapist tries to make the client happy.
   (iv) therapist fulfills the unfulfilled emotional needs of the client.
   (a) Both (iii) and (iv) (b) Only (ii)
   (c) (ii), (iii) and (iv) (d) Both (i) and (ii)

Ans. (d)

5. Which of the following is/are the unique property/ properties of a therapeutic relationship?
   (i) Unconditional positive regard
   (ii) Empathy
   (iii) Confidentiality
   (iv) Genuineness
   (a) Both (i) and (ii) (b) Both (ii) and (iii)
   (c) (i), (ii) and (iii) (d) All of the above

Ans. (d)

6. Which of the following statements best defines unconditional positive regard towards a person?
   (a) Never being angry at the person
   (b) Always telling the person that he/she is doing the right thing.
   (c) Attitude of complete acceptance irrespective of what the person says or does.
   (d) Asking the person to always treat others in a positive way.

Ans. (c)

7. Which of the following best defines empathy?
   (a) Compassion and pity towards the suffering of another.
   (b) Understanding things from the other person's perspective, i.e. putting oneself in the other person's shoes.
   (c) Intellectual understanding of the other person's situation.
   (d) Helping the other person.

Ans. (b)

SHOUT
SHARE
IT

8. Which of the following types of therapies emerged first?
(a) Psychodynamic therapy
(b) Existential therapy
(c) Behavior therapy
(d) Cognitive therapy

Ans. (a)

9. Which of the following types of therapies is also called the "third force"?
(a) Psychodynamic therapy
(b) Cognitive therapy
(c) Behavior therapy
(d) Existential therapy

Ans. (d)

10. Which of the following types of psychotherapies are the part of three broad groups, into which therapies have been classified?
(i) Cognitive therapy
(ii) Psychodynamic therapy
(iii) Behavior therapy
(iv) Existential therapy
(a) (i), (ii) and (iii)
(b) (ii), (iii) and (iv)
(c) Both (i) and (iii)
(d) Both (ii) and (iv)

Ans. (b)

PRACTICE QUESTIONS

1. Which of the following is the correct order for the emergence of three broad groups of psychotherapies?
(a) Behavior therapy, Existential therapy, Psychodynamic therapy
(b) Existential therapy, Psychodynamic therapy, Behavior therapy
(c) Psycho-dynamic therapy, Behavior therapy, Existential therapy
(d) Psycho-dynamic therapy, eExistential therapy, Behavior therapy

2. Which of the following are the parameters for the classification of psychotherapies?
(i) Nature of therapeutic relationship
(ii) Source of cause
(iii) Duration of treatment
(iv) Cause of abnormality
(a) (i), (iii) and (iv)
(b) Both (i) and (ii)
(c) (ii), (iii) and (iii)
(d) All of the above

3. According to psychodynamic therapy, which of the following is the cause of abnormal behaviour?
(a) Unconscious mental conflicts
(b) Irrational thoughts and beliefs
(c) faulty learning of behaviours and cognitions
(d) questions about the meaning of one's life and existence

4. Which of the following does the behaviour therapy postulate to be the cause of abnormal behaviour?
(a) Intrapsychic conflicts
(b) Irrational thoughts and beliefs
(c) Faulty conditioning patterns and faulty learning
(d) Inability to find genuine fulfillment in life

5. According to humanistic-existential therapies, which of the following is the cause of psychological disorders?
(a) Dysfunctional cognitive structures
(b) Questions about the meaning of one's life and existence or an inability to find genuine fulfillment in life
(c) Conflicts between the forces of the psyche
(d) Maladaptive behaviours

6. Which of the following does cognitive therapy explain as the cause of abnormality?
(a) Irrational thoughts and beliefs
(b) Frustration of the innate drive towards self-actualisation
(c) Intrapsychic conflicts
(d) Faulty learning of behaviours and cognitions

7. According to which of the following therapies is abnormal behaviour caused by biological, psychological as well as social factors?
(a) Behavior therapy
(b) Psychodynamic therapy
(c) Cognitive behaviour therapy
(d) Cognitive therapy

8. Which of the following psychologists pioneered Psychodynamic therapy?
(a) Carl Jung (b) Carl Rogers
(c) Sigmund Freud (d) Victor Frankl

9. Which of the following psychologists modified psychodynamic therapy to what came to be known as analytical psychotherapy?
(a) Sigmund Freud (b) Carl Jung
(c) Carl Rogers (d) Fritz Perls

10. According to which of the following models of therapy, the cause of abnormal behaviour arises from unfulfilled desires and unresolved fears of childhood?
(a) Behavior therapy
(b) Existential therapy
(c) Humanistic therapy
(d) Psychodynamic therapy

11. According to which of the following types of therapies, are psychological problems caused by current feelings of loneliness, alienation, sense of futility of one's existence, etc.?
(a) Behavior therapy
(b) Cognitive behaviour therapy
(c) Existential therapy
(d) Psychodynamic therapy

12. What are the two methods invented by psychoanalysis, for eliciting the intrapsychic conflicts?
(a) Free association and Dream Interpretation
(b) Confrontation and Clarification
(c) Unconditional positive regard and Empathy
(d) Behavioral Analysis and, antecedent and consequent operations

13. Which of the following types of therapies identifies the faulty conditioning patterns and sets up alternate behavioural contingencies to improve behaviour, as the chief method of treatment?
(a) Psychodynamic therapy
(b) Behavior therapy
(c) Existential therapy
(d) Humanistic therapy

14. What is the chief method of treating the client according to the principles of Cognitive therapy?
(a) Developing a positive, accepting and non-judgemental therapeutic environment in which the client is able to express his/her emotions freely and the therapist acts as a facilitator.
(b) Eliciting intrapsychic conflicts and interpreting it to the client to help her/him to confront and resolve them.
(c) Challenging faulty thinking patterns
(d) Identifying faulty conditioning patterns and setting up alternate behavioural contingencies to improve behaviour.

15. Which of the following methods of treatment will a psychotherapist use when practicing existential therapy?
(a) Developing a positive, accepting and non-judgemental therapeutic environment in which the client is able to express his/her emotions freely and arrives at the solutions through a process of personal growth while the therapist acts as a facilitator.
(b) Eliciting intrapsychic conflicts and interpreting it to the client to help her/him to confront and resolve them.
(c) Challenging faulty thinking patterns
(d) Identifying faulty conditioning patterns and setting up alternate behavioural contingencies to improve behaviour.

16. What is the nature of therapeutic alliance in psychodynamic therapy?
(a) Therapist acts as facilitator.
(b) Therapist is rude to the client.
(c) Therapist doesn't engage with the client
(d) Therapist assumes that he/she understands the client's problems better than the client and hence interprets them to the client.

17. Which of the following types of therapy/therapies attribute higher power to the therapist in the therapeutic relationship whereby the therapists assume that they are capable of arriving at solutions to the client's problems?
(a) Existential therapy and Behavior therapy
(b) Psychodynamic therapy and existential therapy
(c) 'Only existential therapy
(d) Psychodynamic therapy and Behavior therapy

18. Which of the following types of therapy therapies provide(s) a warm, empathic relationship in which the client feels secure to explore the nature and causes of her his problems by herself/himself?
(a) Existential therapy and Behavior therapy
(b) Only psychodynamic therapy
(c) 'Only existential therapy
(d) Psychodynamic therapy and Behavior therapy

19. What is the chief benefit to the client in Psychodynamic therapy?
(a) Changing faulty behaviour and thought patterns to adaptive ones.
(b) Emotional insight
(c) Personal growth
(d) Changing irrational thoughts and beliefs to rational ones.

20. In which of the following therapies, the chief benefit to the client is gaining increasing understanding of himself/herself and his her aspirations, emotions and motives?
(a) Existential therapy
(b) Behavior therapy
(c) Psychodynamic therapy
(d) Cognitive therapy

21. What is the chief benefit to the client in behavioural therapy?
(a) Changing faulty behaviour patterns to adaptive ones.
(b) Emotional insight
(c) Personal growth
(d) Changing irrational thoughts and beliefs to rational ones.

22. What of the following terms is best used to describe client understanding her/his conflicts intellectually; accepting the same emotionally; changing her/his emotions towards the conflicts, in psychodynamic therapy?
(a) Personal growth (b) Transference
(c) Emotional insight (d) Free association

23. Which of the following statements best describes the term "personal growth" in existential therapy?
(a) client understanding her/his conflicts intellectually; accepting the same emotio-nally; changing her/his emotions towards the conflicts.
(b) Replacement of maladaptive behaviour and thought patterns by adaptive ones.
(c) the process of gaining increasing under-standing of oneself, and one's aspirations, emotions and motives.
(d) The process of client's emotional identi-fication with his/her therapist.

24. What is the chief benefit for the client in cognitive therapy?
(a) Replacement of maladaptive behaviour patterns by adaptive ones.
(b) Replacement of an irrational belief system by a rational one or insight into dysfunctional schemas which leads to a change in cognitive structures.
(c) client understanding her/his conflicts intellectually; accepting the same emotionally; changing her/his emotions towards the conflicts, in psychodynamic therapy.
(d) client understanding her/his conflicts intellectually; accepting the same emotionally; changing her/his emotions towards the conflicts.

25. What was the duration of classical psychoanalytic therapy?
(a) Several years with weekly one hour sessions.
(b) 10-15 sessions
(c) A few months
(d) Several years with one hour sessions 4-5 days per week.

26. What is the duration of recent versions of psychodynamic therapy?
(a) 10-15 sessions (b) 40-50 sessions
(c) 1-2 sessions (d) 4-5 sessions

27. What is the duration of treatment in existential therapy?
(a) Several years (b) One day
(c) Few weeks (d) Few months

28. What is the duration of treatment in behaviour therapy?
(a) Few days (b) One week
(c) Few months (d) One year

29. What is the term used for "the process of formulating the problem of the client in the therapeutic model being used for the treatment"?
(a) Therapeutic formulation
(b) Clinical formulation
(c) Therapeutic Agenda
(d) Treatment Plan Formulation

30. Which of the following are advantages of clinical formulation?
(i) Choice of techniques for treatment
(ii) Identification of the areas to be targeted for treatment in psychotherapy
(iii) Understanding of the problem
(iv) Understanding the past of the client
(a) (i), (ii) and (iii) (b) (ii), (iii) and (iv)
(c) (i), (iii) and (iv) (d) All of the above

31. It is not advisable to start psychotherapy without which of the following?
(a) Visiting the client in his/her home
(b) Clinical formulation
(c) Talking to the family members of the client
(d) Taking a written psychological test of the client

32. What was psychodynamic therapy called after being modified by Carl Jung?
(a) Psychic therapy
(b) Dynamic therapy
(c) Analytical psychotherapy
(d) Critical psychotherapy

33. What were Freud's successors known as?
(a) Post-Freudians (b) After Freuds
(c) Neo-psychoanalysts (d) Neo-Freudians

34. What is the term used in psychodynamic therapy, for the process of discovering your genuine thoughts, memories, and feelings by freely sharing all the seemingly random thoughts that pass through your mind?
(a) Free Association
(b) Dream Interpretation
(c) Transference
(d) Resistance

35. How does psychoanalysis view dreams?
(a) Dreams are a compilation of randomness that appear to the sleeping mind and are brought together in a meaningful way when we wake.
(b) Dreaming is a side effect of brain neural activity as memories are consolidated during sleep.
(c) Dreams better prepare us to confront dangers in the real world.
(d) Dreams represent unconscious desires, thoughts, wish fulfillment, and motivations.

36. Which of the following is/are the means of treating the patient in psychodynamic therapy?
(a) Free association and dream interpretation
(b) Transference and interpretation
(c) Positive reinforcement and negative reinforcement
(d) non-directive questioning

37. Which of the following terms in psychodynamic therapy is used to describe the process of identifying the therapist with the authority figures of the past, usually childhood?
(a) Free association (b) Transference
(c) Resistance (d) Interpretation

38. Mrs. Dana is taking therapy from a psychologist who practises psychodynamic therapy. Mrs. Dana's mother was mostly unavailable for her during her childhood. She often took unnecessary and frequent excursions. Because of this, when her psychologist tells her that she will be going on a vacation in a few days, Mrs. Dana repeatedly hints that she is selfish.
Which of the following processes of psychodynamic therapy is Mrs. Dana displaying here?
(a) Free association (b) Confrontation
(c) Resistance (d) Transference

39. What is the term used in Psychodynamic therapy to describe the process of acting out fear, frustration, anger, depression, affection etc. towards the therapist after identifying the therapist with an authority figure from the past towards which the patient harbord these feelings but couldn't express in the past?
(a) Transference neurosis
(b) Free association
(c) Confrontation
(d) Clarification

40. Richard loves his therapist like she is her mother. Going to his therapy sessions feels to him like going back to a home he never had. Her office even has a smell that he can detect just walking down the hall towards her door. He yearns to be hugged by her but he's afraid she'll think it odd if he asks. The hardest time is the end of a session, knowing it's a whole week before he'll see her again. Upon exploring further, it is found that Richard's mother was hardly around during his childhood, and he always craved for her affection.
Which process of psychodynamic therapy is Richard experiencing?
(a) Negative Transference
(b) Free association
(c) Positive transference
(d) Dream interpretation

41. Amanda (a 32-year-old woman) becomes furious with her therapist when he discusses assigning homework activities. She sighs loudly and states, "This is NOT what I came to therapy for. Homework? I am not in elementary school anymore!" After exploring the emotions that surfaced, Amanda and her therapist come to realize that she was experiencing unresolved anger toward a verbally abusive authoritarian elementary school teacher.
Which process of psychodynamic therapy is Amanda experiencing?
(a) Negative Transference
(b) Free association
(c) Positive transference
(d) Dream interpretation

42. What are the two types of resistance in psychodynamic therapy?
(a) Positive and negative
(b) Good and bad
(c) Conscious and unconscious
(d) Verbal and physical

43. What is the term used to describe the client's opposition to the therapeutic process in psychodynamic therapy?
(a) Confrontation
(b) Resistance
(c) Interpretation
(d) Transference

44. In one session of psychodynamic therapy, David tells his therapist that he doesn't want to talk about his father, and that he would rather talk about his mother. His therapist says "But what about the dream you had of your father?" David immediately changes the topic by commenting "The weather is really nice today!" As the therapist continues to try talking to David about his father in further sessions as well, David starts showing up late for the sessions, even missing appointments sometimes.
Which process of psychodynamic therapy is David displaying here?
(a) Confrontation (b) Transference
(c) Interpretation (d) Resistance

45. How does the therapist overcome the resistance by the patient in psychodynamic therapy?
(a) By repeatedly confronting the patient about it and by uncovering emotions such as anxiety, fear, or shame, which are causing the resistance.
(b) By scolding the patient and stating that this is unacceptable.
(c) By dropping the subject that the patient is avoiding talking about
(d) By praising the patient for his/her good qualities.

46. Which of the following is/are the analytical technique(s) of interpretation in psychodynamic therapy?
(i) Confrontation
(ii) Free association
(iii) Dream interpretation
(iv) Clarification
(a) Both (i) and (iii)
(b) Only (ii)
(c) (i), (iii) and (iv)
(d) Both (i) and (iv)

47. What is the process in psychodynamic therapy, whereby the therapist points out to the client an aspect of her/his psyche that he/she has been avoiding and must finally be faced by him/her, called?
(a) Clarification (b) Free association
(c) Transference (d) Confrontation

48. What is the process by which the therapist brings a vague or confusing event into sharp focus in psychodynamic therapy, called?
(a) Clarification (b) Free association
(c) Transference (d) Confrontation

49. What is the repeated process of using confrontation, clarification, and interpretation in psychodynamic therapy known as?
(a) Repetative interpretation
(b) Insight
(c) Working through
(d) Unveiling

50. Which of the following terms best describes the outcome of working through in psychodynamic therapy?
(a) Happiness (b) Insight
(c) Confidence (d) Calmess

51. Which of the following is/are the outcome(s) of working through in psychodynamic therapy?
(i) Falling in love with one's therapist
(ii) Intellectual understanding of one's conflicts and problems.
(iii) The emotional understanding, acceptance of one's irrational reaction to the unpleasant events of the past, and the willingness to change emotionally as well as making the change.
(iv) Taking better care of one's mental health
(a) Only (ii)
(b) Both (ii) and (iii)
(c) Both (ii) and (iv)
(d) All of the above

52. Which of the following is the end point of therapy in psychodynamic therapy?
(a) Transference
(b) Free association
(c) Insight
(d) Dream interpretation

53. The treatment in psychodynamic therapy is divided into how many stages?
(a) 2 (b) 4
(c) No stages (d) 3

54. Which stage(s) of psychodynamic therapy is/are characterized by transference, resistance on the part of the client, and confrontation and clarification, i.e. working through on the therapist's part?
(a) Stage 1 (b) Stage 2
(c) Stage 3 (d) All the stages

55. What does stage 1 of psychodynamic therapy involve?
(a) The client becomes familiar with the routines, establishes a therapeutic relationship with the analyst, and gets some relief with the process of recollecting the superficial materials from the consciousness about the past and present troublesome events.
(b) Transference, resistance on the client's part, and working through on the therapist's part.
(c) Relationship with the therapist is dissolved.
(d) The therapist informs the client about the techniques that he will be using in the process of therapy.

56. What does stage 3 of psychodynamic therapy involve?
(a) The client becomes familiar with the routines, establishes a therapeutic relationship with the analyst, and gets some relief with the process of recollecting the superficial materials from the consciousness about the past and present troublesome events.
(b) Transference, resistance on the client's part, and working through on the therapist's part.
(c) Relationship with the therapist is dissolved and the client prepares to leave the therapy.
(d) The therapist assures the client that he/she will stay in touch with the client even after the termination of the sessions.

57. Below is a conversation between a therapist (T) and a client (C) from a therapy session.
T : What was it a moment ago that had occurred to you about your dream.
C : Oh, shit.
T : That you didn't want to say? please? hmm?
C : Oh just something or other, that might be in a book.
T : About, about
C : Something or other, that might be in some textbook.
T : Well, what is it then?
C : (laughing) You know that perfectly well
T : No, no, no.
C : No certainly you wouldn't know what kind of textbooks I read
T : Hmm hmm.
Which therapeutic approach is the therapist most likely using here?
(a) Humanistic-existential approach
(b) Rational Emotive Therapy
(c) Behavior Therapy
(d) Psychodynamic therapy

58. Which of the following statements is not true about behaviour therapy?
(a) Its main focus is on the past.
(b) It is focused on the behaviour and thoughts of the client in the present.
(c) Behavioral analysis is conducted to find malfunctioning behaviours, the antecedents of faulty learning, and the factors that maintain or continue faulty learning.
(d) It is not a unified theory, which is applied irrespective of the clinical diagnosis or the symptoms present.

59. Which of the following process(es) does behavioural analysis in behaviour therapy include?
(i) Identifying malfunctioning behaviours
(ii) Identifying the antecedents of faulty learning
(iii) Identifying the factors that maintain faulty learning.
(iv) Identifying adaptive behaviours
(a) Both (ii) and (iii)
(b) (ii), (iii) and (iv)
(c) (i), (ii) and (iii)
(d) All of the above

60. Which of the following statements best defines antecedent factors in behaviour therapy?
(a) Antecedent factors lead to the persistence of the faulty behaviour.
(b) Antecedent factors predispose a person to indulge in a malfunctioning behaviour.
(c) Antecedent factors cause a person pain upon engaging in malfunctioning behaviour.
(d) Antecedent factors control behaviour by changing something that precedes such a behaviour.

61. Which of the following statements best defines maintaining factors in behaviour therapy?
(a) Maintaining factors lead to the persistence of the faulty behaviour.
(b) Maintaining factors predispose a person to indulge in a malfunctioning behaviour.
(c) Maintaining factors maintain the pain that a person feels upon engaging in a malfunctioning behaviour.
(d) Maintaining factors control behaviour by changing the consequence to a particular behaviour.

62. Jason has acquired a malfunctioning behaviour of overeating to the point when he feels sick and he is seeking help to get rid of this behaviour. Behavioral analysis conducted by interviewing the client and the family members reveals that Jason started overeating when he was stressed for his first job interview. He reported that eating helped him distract himself and thus feel a little relieved from the fearful situation of the job interview.
Which of the following options correctly identifies the antecedent and maintaining factor for Jason's overeating?
(a) Antecedent factor - stress from the job interview, Maintaining factor - feeling sick
(b) Antecedent factor - Distraction and relief from the stress, Maintaining factor - stress from the job interview
(c) Antecedent factor - stress from the job interview, Maintaining factor - distraction and relief from the stress
(d) Antecedent factor - overeating, Maintaining factor - more stressful situations like the job interview

63. Which of the following statements best describes the goal of behaviour therapy?
(a) To eliminate the faulty behaviours of the client and substitute them with adaptive behaviour patterns.
(b) To increase the frequency of adaptive behaviours in the client's life.
(c) To remove all the situations that lead to malfunctioning behaviours in the client's life.
(d) To improve others' behaviours towards the client.

64. Which of the following statements best defines the term "antecedent operations"?
(a) Controlling behaviour by changing the consequences of a particular behaviour.
(b) Controlling behaviour by removing all kinds of stressful situations from the client's life.
(c) Controlling behaviour by providing the client with more and more positive reinforcement.
(d) Controlling behaviour by changing something that precedes a particular behaviour

65. Which of the following statements best defines the term "Consequent operations"?
(a) Controlling behaviour by changing the consequences of a particular behaviour.
(b) Controlling behaviour by changing something that precedes a particular behaviour.
(c) Controlling behaviour by providing the client with more and more positive reinforcement.
(d) Controlling behaviour by administering punishment to the client.

66. Whenever Mrs. Sinha asks her child to do his homework, he becomes aggressive, screaming and throwing objects around. One of the factors which make the child engage in such behaviour is not getting enough sleep the night before because of which he is quite tired the next day, making aggression more likely to occur.

In order to control this behaviour, Mrs. Sinha makes the child go early to bed at night, reducing the noise levels in the environment making sure that he gets proper sleep.

Now the child doesn't respond aggressively when his mother asks him to do the homework and completes his homework. After he completes his homework without displaying any aggression, Mrs. Sinha praises him for the same.

Which of the following options correctly identifies Antecedent operation and consequent operation employed by Mrs. Sinha to change her child's behaviour?

(a) Antecedent operation - aggressive behaviour, Consequent operation - Mrs. Sinha asking the child to do his homework
(b) Antecedent operation - Feeling tired due to less sleep the previous night, Consequent operation - child completing his homework.
(c) Antecedent operation - praising the child for completing his homework, Consequent operation - Ensuring that the child gets proper sleep by making him go to bed early and reducing noise levels in the environment while he is sleeping.
(d) Antecedent operation - Ensuring that the child gets proper sleep by making him go to bed early and reducing noise levels in the environment while he is sleeping. Consequent operation - praising the child for completing his homework.

67. Which of the following is not an example of negative reinforcement?
(a) Not touching a steel utensil without using a cloth after putting it on the gas, to avoid getting a burn.
(b) Getting good grades in school to receive admiration from one's parents and teachers.
(c) Avoiding coming back to home post curfew time to avoid being grounded for a week after that.
(d) Doing the class bully's homework so that one doesn't get beaten up by him.

68. 21 year old Lisa suffers from a bad habit of nail biting or onychophagia. Her mother takes her to a behaviour therapist who suggests applying a very bitter tasting liquid on her nails, so that every time she takes her hand to her mouth, she tastes it.

After some days of doing this, Lisa becomes aversive to nail biting due to the association of bitter taste with it, and hence she stops biting her nails.

Which of the following behavioural techniques is being used to remove Lisa's habit of nail biting here?
(a) Systematic desensitization
(b) Negative reinforcement
(c) Positive reinforcement
(d) Aversive conditioning

69. Sam's mother is very frustrated because Sam goes to play outside everyday before completing his homework and when he comes back, he goes to sleep after having dinner and watching his favorite TV show. In order to reduce this behaviour of Sam, Sam's mother hides the TV remote every time he goes to play without completing his homework. After some days, Sam begins finishing his homework before going to play outside.

Which of the following behavioural techniques is being used by Sam's mother to change his behaviour here?
(a) Differential reinforcement
(b) Positive reinforcement
(c) Negative reinforcement
(d) Aversive conditioning

70. Which of the following types of behavioural principles is used in the behavioural technique of aversive conditioning?
(a) Classical conditioning
(b) Operant conditioning
(c) Observational learning
(d) Principle of reciprocal inhibition

71. 7 year old Rohan does not finish all his meals. Whenever he finishes his meal, his mother gives him his favorite chocolate. Over time, Rohan's behaviour of finishing his meals increases.

Which of the following behavioural techniques is being used by Rohan's mother to change his behaviour here?
(a) Token economy
(b) Positive reinforcement
(c) Negative reinforcement
(d) Differential reinforcement

72. In the psychiatric ward of a hospital, a particular programme was implemented in order to make the patients engage in more healthy and adaptive behaviours. There were three structured activity periods per day consisting of activities such as craft work, indoor games, letter writing, group discussion, outdoor games, walks and visits to town, etc. The patients were given a certain number of chips which looked like poker chips, for attendance, participation, quality of response, and appropriate social interaction.

Patients were also rewarded with these chips for getting up on time, taking medication etc., all without prompting from the nursing staff. Chips were also given for volunteering for ward domestic tasks like giving the early morning call, serving meals etc. These chips could be exchanged for perks like some hours on TV, a day outing, books, newspaper, cigarettes, magazines, sweets etc. For e.g., three chips could be exchanged for a magazine, and five chips could be exchanged for a day trip.

Which of the following behavioural techniques is being implemented in this psychiatric ward to make the patients more functional?
(a) Aversive conditioning
(b) Differential reinforcement
(c) Token economy
(d) Negative reinforcement

73. Riya sulks and cries when she is not taken to her favorite restaurant when she asks her parents. Her parents are troubled by this behaviour of hers. A behaviour therapist suggests the parents take her to the restaurant when she doesn't sulk and cry and to ignore her when she does. Over time, Riya stops sulking and crying over going to the restaurant.

Which of the following behavioural techniques is being used by Riya's parents to change her behaviour here?
(a) Aversive conditioning
(b) Differential reinforcement
(c) Negative reinforcement
(d) Positive reinforcement

74. Adam, who is 17 years old, is extremely scared of dogs, so much so that he doesn't go out to play with his friends, and never goes to school without his mom.

Seeing her son's quality of life being greatly reduced because of his fear of dogs, Adam's mother takes him to a behaviour therapist. The therapist develops a hierarchy of Adam's fears in relation to dogs after asking him about different situations. Now the therapist has several sessions with Adam. In session 1, the therapist relaxes Adam by using some relaxation techniques as he takes Adam in a car to a field where a dog is present before him at a distance of 200 meters. Initially Adam insists on sitting inside the car just looking at the dog. As Adam gets comfortable with this situation, in the further sessions, the therapist asks Adam to stand outside the car, after inducing a state of relaxation for him, and in further sessions, he reduces the distance between Adam and the dog, gradually asking him to touch the dog and even pet the dog, and finally even bringing him face to face with a group of dogs, each time maintaining the state of relaxation for him.

After this therapy, Adam is no longer scared of dogs and even asks his mother for a dog as a pet. His mother is very happy.

Which of the following behavioural techniques is being used by the therapist here to remove Adam's fear of dogs?
(a) Aversive conditioning
(b) Negative reinforcement
(c) Systematic desensitization
(d) Modelling

75. Which of the following behavioural techniques works on the principle of reciprocal inhibition?
(a) Aversive conditioning
(b) Modelling
(c) Token economy
(d) Systematic desensitization

76. Which of the following statements best describes the principle of reciprocal inhibition?
(a) The tendency of the client to resist facing the anxiety-provoking stimuli.
(b) The principle states that the presence of two mutually opposing forces at the same time, inhibits the stronger force.
(c) The principle states that the more the client faces the anxiety-provoking situations, the less scared he will be of those situations in the future.
(d) The principle states that the presence of two mutually opposing forces at the same time, inhibits the weaker force.

77. 4 year old Dinesh doesn't know how to use a spoon properly to eat rice. He observes his mother eating rice with a spoon daily. Over time, he learns how to use it properly.
Which of the following behavioural techniques is being displayed here?
(a) Modeling
(b) Token economy
(c) Positive reinforcement
(d) Negative reinforcement

78. Which of the following therapies is/are type(s) of cognitive therapy therapies?
(i) Rational Emotive therapy
(ii) Gestalt therapy
(iii) Client-centered therapy
(iv) Therapy developed by Aaron Beck
(a) Only (i)
(b) Both (i) and (iv)
(c) (ii), (iii) and (iv)
(d) All of the above

79. Who formulated Rational Emotive therapy?
(a) Sigmund Freud
(b) Albert Ellis
(c) Carl Rogers
(d) Aaron Beck

80. According to Rational Emotive therapy, what mediates between antecedent events and their consequences?
(a) Negative emotions
(b) Rationalization
(c) Irrational beliefs
(d) Dysfunctional core schemas

81. Which of the following is not an example of irrational belief, according to Rational Emotive Therapy?
(a) "I must do well and win others' approval or else I am no good."
(b) "Human misery is caused by external events over which one does not have any control."
(c) "Everyone ought to behave kindly towards each other."
(d) "I am very bad at sports."

82. What is done with the irrational beliefs in Rational Emotive Therapy?
(a) They are refuted through a process of non-directive questioning.
(b) The client is told that they are irrational.
(c) The client is told the alternative rational thoughts that he/she should think instead.
(d) The client is asked to start ignoring these beliefs.

83. What is the cause of psychological distress according to Rational Emotive Therapy?
(a) Irrational beliefs
(b) Malfunctioning behaviours
(c) Inability to find meaning and genuine fulfillment in life
(d) Intrapsychic conflict

84. Which of the following statements best describe a core schema in Aaron Beck's cognitive therapy?
(a) A group of techniques used by a person to escape distressing situations.
(b) A group of techniques used by a person to change his/her malfunctioning behaviours.
(c) Beliefs and action patterns of the individual developed due to childhood experiences provided by the family and society.
(d) A group of techniques employed by the therapist in a cognitive therapy session.

85. Which of the following terms describes the ways of thinking which are general in nature but which distort the reality in a negative manner?
(a) Core schema (b) Cognitive structure
(c) Cognitive distortion (d) Self-actualisation

86. Choose the correct order of the development or occurrence of different processes or entities in the development of a psychological disorder, according to cognitive therapy?
(a) Core schemas, negative automatic thoughts, critical incident
(b) Critical incident, negative automatic thoughts, core schemas
(c) Negative automatic thoughts, critical incident, core schemas
(d) Core schemas, critical incident, negative automatic thoughts

87. Which of the following statements correctly defines dysfunctional cognitive structures?
(a) Beliefs and action patterns of the individual
(b) Patterns of thought characterized by cognitive distortions.
(c) Ways of thinking which are general in nature but which distort reality in a negative manner.
(d) Thoughts which the client thinks as an alternative to irrational thoughts.

88. Which is the most popular therapy in the current times?
(a) Humanistic-existential therapy
(b) Behavior therapy
(c) Cognitive behaviour therapy
(d) Cognitive therapy

89. In which type of therapy, are relaxation procedures, cognitive techniques as well as environmental manipulations used as methods of treatment?
(a) Cognitive therapy
(b) Humanistic-existential therapy
(c) Cognitive behaviour therapy
(d) Psychodynamic therapy

90. Which of the following terms best describes the complete realization of one's potential as manifest in peak experiences which involve the full development of one's abilities and appreciation for life?
(a) Emotional insight
(b) Personal growth
(c) Self actualization
(d) Existential anxiety

91. According to which type of therapy does frustration of self-actualisation cause psychological distress?
(a) Psychodynamic therapy
(b) Humanistic-existential therapy
(c) Cognitive therapy
(d) Behavior therapy

92. What is the fundamental assumption of humanistic-existential therapy?
(a) The client has the freedom and responsibility to control his/her own behaviour.
(b) Only the therapist knows what is best for the client.
(c) The client has an innate desire to focus on only short-term goals, and not any long-term goals.
(d) The client is controlled by unconscious forces.

93. Who propounded logotherapy?
(a) Sigmund Freud
(b) Victor Frankl
(c) Carl Rogers
(d) Aaron Beck

94. Which of the following statements best describes the term "existential anxiety" in Existential therapy?
(a) It is the anxiety arising from the doubt about whether one truly exists or not.
(b) It refers to feelings of unease about meaning, choice, and freedom in life.
(c) It is the anxiety arising from daily hassles of existence.
(d) It is the anxiety arising from the disturbed interpersonal relationships in one's life.

95. Which of the following statement(s) is/are true about Logotherapy?
(i) The emphasis is on the present.
(ii) Transference is actively discouraged.
(iii) The goal is to facilitate the client to find the meaning of her/his being.
(iv) It emphasizes the role of spiritual anxieties in leading to meaninglessness.
(a) Both (iii) and (iv)
(b) (i), (iii) and (iv)
(c) Only (iii)
(d) All of the above

96. Who gave client-centered therapy?
(a) Sigmund Freud (b) Aaron Beck
(c) Victor Frankl (d) Carl Rogers

97. Which of the following statement(s) is/are true for Gestalt therapy?
(i) The goal of gestalt therapy is to increase an individual's self-awareness and self acceptance.
(ii) The client is taught to recognise the bodily processes and the emotions that are being blocked out from awareness.
(iii) The therapist encourages the client to act out fantasies about feelings and conflicts.
(iv) This therapy can also be used as group settings.
(a) Both (i) and (iii) (b) Only (i)
(c) (i), (ii) and (iii) (d) All of the above

98. Who gave Gestalt therapy?
(a) Sigmund Freud
(b) Carl Rogers
(c) Fritz Perls and Laura Perls
(d) Victor Frankl

99. Who is qualified to prescribe medication for psychological disorders?
(a) Psychiatrist
(b) Psychologist
(c) Counselor
(d) Mental Health social worker

100. What is the technical term used to describe the therapy in which mild electric shocks are given via electrodes to the brain of the patient to induce convulsions, to treat some severe psychological disorders?
(a) Electric therapy
(b) Electro-convulsive therapy
(c) Convulsive therapy
(d) Shock therapy

101. Which type of therapy is Electro-convulsiv
therapy?
(a) Existential therapy
(b) Biomedical therapy
(c) Cognitive therapy
(d) Psychodynamic therapy

102. Which of the following are common factors which contribute to healing in all types of psychotherapies?
(i) Catharsis
(ii) The therapeutic alliance has healing properties due to the warmth and empathy provided by the therapist.
(iii) Techniques adopted by the therapist.
(iv) Client variables like motivation for change, expectation of improvement due to the treatment and therapist variables like positive nature, absence of unresolved emotional conflicts, presence of good mental health.
(a) Both (i) and (ii)
(b) (i), (ii) and (iii)
(c) (ii), (iii) and (iv)
(d) All of the above

103. Which of the following are ethical standards that need to be practiced by professional psychotherapists?
(i) Informed consent needs to be taken from the client.
(ii) Confidentiality of the client should be maintained.
(iii) The therapist should always tell direct solutions to the client for his/her problems.
(iv) Integrity of the practitioner-client relationship
(a) (i), (ii) and (iv) (b) (ii), (iii) and (iv)
(c) (i), (ii) and (iii) (d) All of the above

104. What is Vipassana meditation?
(a) It involves passively observing the various bodily sensations and thoughts that are passing through one's awareness.
(b) It involves focusing on a particular object.
(c) It involves rapid breathing techniques to induce hyperventilation.
(d) It combines pranayama with chanting of mantras.

105. Which of the following alternative therapies has been used as a public health intervention technique to alleviate PTSD in survivors of mass disasters?
(a) Kundalini Yoga
(b) Sudarshana Kriya Yoga (SKY)
(c) Vipassana meditation
(d) Acupuncture

106. Which of the following alternative therapies involves rapid breathing techniques to induce hyperventilation?
(a) Vipassana meditation
(b) Kundalini Yoga
(c) Sudarshana Kriya Yoga
(d) Acupuncture

107. Which of the following alternative therapies combines pranayama or breathing techniques with chanting of mantras?
(a) Sudarshana Kriya Yoga
(b) Mindfulness-based meditation
(c) Acupuncture
(d) Kundalini Yoga

108. The Institute for Nonlinear Science, University of California, San Diego, USA has found that Kundalini Yoga is effective in the treatment of which of the following disorders?
(a) Bipolar disorder
(b) Post-traumatic stress disorder
(c) Obsessive Compulsive Disorder
(d) Schizophrenia

109. Which of the following is/are the component(s) of the treatment of psychological disorders?
(i) Reduction of symptoms
(ii) Improving the level of functioning or quality of life.
(iii) Helping the client achieve all of his/her short-term goals.
(iv) Helping the client develop a stable and healthy romantic relationship.
(a) Both (iii) and (iv) (b) Both (i) and (ii)
(c) Only (i) (d) All of the above

110. What is the aim of rehabilitation for the mentally ill?
(a) To empower the patient to become a productive member of society to the extent possible.
(b) To remove all the positive symptoms of the patient.
(c) To encourage the patient to become very ambitious.
(d) To empower the patient to engage in social work.

111. Which of the following types of therapies is not a part of the process of rehabilitation?
(a) Occupational therapy (b) Vocational therapy
(c) Existential therapy (d) Social skills training

112. What is vocational training?
(a) The patients are taught skills such as candle making, paper bag making and weaving to help them to form a work discipline.
(b) It helps the patients to develop interpersonal skills through role play, imitation and instruction.
(c) The patient is helped to gain skills necessary to undertake productive employment.
(d) It helps the patients to improve the basic cognitive functions of attention, memory and executive functions.

113. What is occupational therapy?
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(d) It helps the patients to improve the basic cognitive functions of attention, memory and executive functions.

114. Which of the following statements best describes social skills training?
(a) The patients are taught skills such as candle making, paper bag making and weaving to help them to form a work discipline.
(b) It helps the patients to develop interpersonal skills through role play, imitation and instruction.
(c) The patient is helped to gain skills necessary to undertake productive employment.
(d) It helps the patients to improve the basic cognitive functions of attention, memory and executive functions.

5. Therapeutic Approaches

1. (c)	2. (d)	3. (a)	4. (c)	5. (b)	6. (a)	7. (c)	8. (c)	9. (b)	10. (d)
11. (c)	12. (a)	13. (b)	14. (c)	15. (a)	16. (d)	17. (d)	18. (c)	19. (b)	20. (a)
21. (a)	22. (c)	23. (c)	24. (b)	25. (d)	26. (a)	27. (d)	28. (c)	29. (b)	30. (a)
31. (b)	32. (c)	33. (d)	34. (a)	35. (d)	36. (b)	37. (b)	38. (d)	39. (a)	40. (c)
41. (a)	42. (c)	43. (b)	44. (d)	45. (a)	46. (d)	47. (d)	48. (a)	49. (c)	50. (b)
51. (b)	52. (c)	53. (d)	54. (b)	55. (a)	56. (c)	57. (d)	58. (a)	59. (c)	60. (b)
61. (a)	62. (c)	63. (a)	64. (d)	65. (a)	66. (d)	67. (b)	68. (d)	69. (c)	70. (a)
71. (b)	72. (c)	73. (b)	74. (c)	75. (d)	76. (d)	77. (a)	78. (b)	79. (b)	80. (c)
81. (d)	82. (a)	83. (a)	84. (c)	85. (c)	86. (d)	87. (b)	88. (c)	89. (c)	90. (c)
91. (b)	92. (b)	93. (b)	94. (b)	95. (d)	96. (d)	97. (d)	98. (c)	99. (a)	100. (b)
101. (a)	102. (d)	103. (a)	104. (a)	105. (b)	106. (c)	107. (d)	108. (c)	109. (b)	110. (a)
111. (c)	112. (c)	113. (a)	114. (b)						